

Pork Chop Strips with Onions and Mushrooms

Pork chop strips with onions and mushrooms can be perfect for a low mobility day. This dish can incorporate leftovers, perhaps diced by a person with more mobility. Some days, it's important to take things as they really are that day and not push yourself too much. On those days, a stir fry for breakfast can be a perfect meal, full of antioxidants, vitamins, minerals, and needed fats. Caramelized onions and salty mushrooms enhance the appetite and encourage a productive day, and your strength may even improve later. Any leftovers will make a quick lunch or breakfast the following day.

Pre Cook Preparation:

Marinate: Not necessary

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before pieces sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Mushrooms

Onions

Pepper

Potatoes

Pork

Spices

Meatless Preparation Avoid:

Butter

Pork

Substitute with: _____

Utensils:

Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 8 inch frying pan

Ingredients:**Meat:**

1 cup of diced pork chop

Vegetables:

1/2 cup of chopped mushrooms
1/4 cup chopped onions

Other ingredients:

Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Dice:
 - 1/4 cup of mushrooms
 - 1/2 cup of onions
 - Pork chops.
2. Add to 9 inch frying pan:
 - 1/4 cup of mushrooms
 - 1/2 cup of onions
 - Pork chops
 - Dash of salt
 - Spices, such as pepper, to taste
3. Bring to a boil.
4. Turn down to a simmer, stirring occasionally.

Cook Temperature: Medium to low

Cook Time: About 20 minutes

Servings: 2

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 20 minutes.**

Add your oven time here: _____.